

EXCITING WAYS WITH LAMB, PORK & VEAL



about EXCITING WAYS WITH LAMB, PORK & VEAL . . .

Delicious new ways to use these three versatile meats will add interest and enjoyment to meals—for both everyday and special occasions.

Ellen Sinclair

*Ellen Sinclair, Food Editor
Australian Women's Weekly*

Succulent lamb, tender veal, well-flavored pork — this set is packed with recipes to serve these popular meats differently, deliciously.



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ACCOMPANIMENTS FOR LAMB

MINT SAUCE

- | | |
|--------------------------------|-------------------------|
| $\frac{3}{4}$ cup chopped mint | $\frac{1}{2}$ cup water |
| $\frac{1}{3}$ cup sugar | 1 cup vinegar |

Combine sugar and water in a small saucepan, stir over heat until sugar dissolves; bring to boil, boil 4 minutes. Add vinegar and mint; stand 15 minutes. Stir well before serving.

SHERRIED MINT JELLY

- | | |
|---------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup finely chopped mint | $\frac{1}{2}$ packet lime jelly |
| 1 cup white vinegar | crystals |
| 3 tablespoons sugar | $\frac{1}{2}$ cup sweet sherry |

Wash and dry mint, chop finely. Put vinegar and sugar into saucepan; stir until sugar dissolves, bring slowly to boil. Reduce heat, simmer 3 minutes. Remove from heat; add mint and jelly crystals, stir until jelly crystals dissolve; cool. Add sherry. Fill into small glass jars, stirring occasionally while setting to ensure even distribution of chopped mint.

Makes about 2 cups.

Photography by Garry Isaacs

GLAZED ROAST LAMB



GLAZED ROAST LAMB

(shown in picture)

- | | |
|---------------------------------|---------------------|
| 1 leg lamb | ¼ teaspoon rosemary |
| 4 tablespoons red currant jelly | ¼ teaspoon tarragon |
| 1 tablespoon orange juice | 2 tablespoons oil |
| 1 teaspoon grated orange rind | |

Place leg of lamb in baking dish with oil. Combine remaining ingredients, mix well, brush well over meat. Bake in moderate oven, allowing 25 minutes per 500 g (1 lb.). Brush leg with glaze frequently during cooking.

MINTED LAMB MARSALA

- | | |
|-------------------------|--------------------|
| 1.5 kg (3 lb.) leg lamb | ½ cup chopped mint |
| salt, pepper | ¾ cup marsala |
| 1 tablespoon butter | 1 tablespoon flour |
| 1 tablespoon oil | 1 cup water |
| 2 cloves garlic | |

Rub lamb well with salt and pepper. Heat butter and oil in baking dish, add crushed garlic, mint and ½ cup marsala. Put lamb in dish and baste with this liquid. Bake in moderate oven 30 minutes, reduce heat to moderately slow, bake further 1 hour or until lamb is tender. Baste frequently during cooking time. Remove lamb from dish, keep hot.

Strain pan juices, skim off any excess fat. Return pan juices to pan; blend flour with a little of the water, stir into pan juices, add remaining water and marsala; stir until sauce boils and thickens.

RACK OF LAMB WITH MUSTARD CRUST



RACK OF LAMB WITH MUSTARD CRUST

1 rack of lamb (10 cutlets)

60 g (2 oz.) butter

2 tablespoons prepared mustard

1½ cups fresh breadcrumbs

1 clove garlic

2 tablespoons chopped parsley

salt, pepper

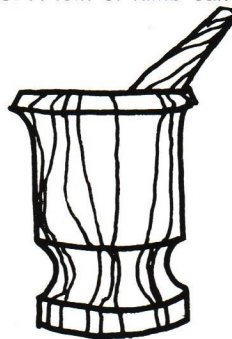
2 tablespoons oil

Trim excess fat from meat. Rub with 30 g (1 oz.) butter, salt and pepper. Place in baking dish with oil. Bake in moderate oven, allowing 25 minutes per 500 g (1 lb.).

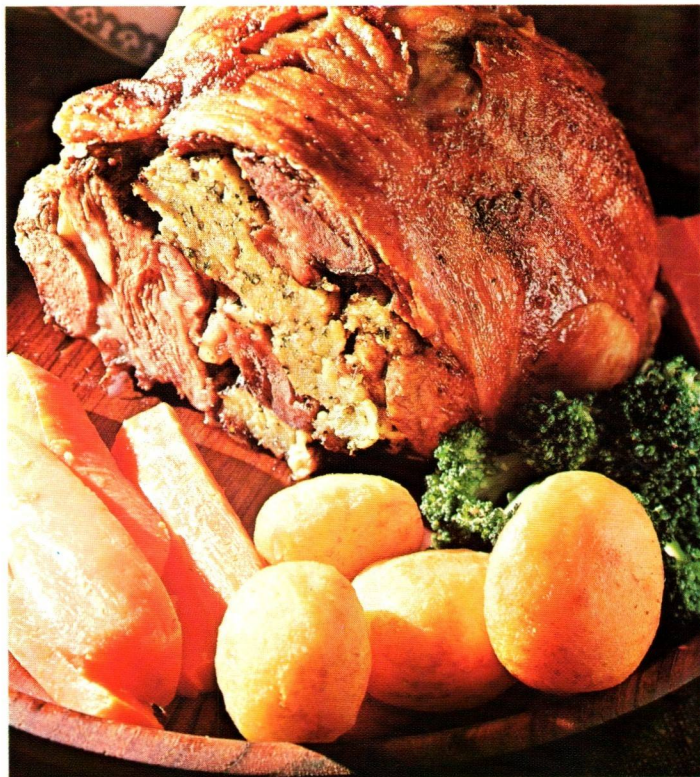
When half-way through cooking period, remove from oven, spread 2 teaspoons mustard over top and sides. Press on combined breadcrumbs, remaining mustard, remaining melted butter, crushed garlic, chopped parsley, salt and pepper. Return to oven. Bake for remaining cooking time, or until meat is tender.

Serves 4.

Note: A loin of lamb can be substituted for the rack of lamb.



STUFFED FOREQUARTER OF LAMB



STUFFED FOREQUARTER OF LAMB

2 kg (4 lb.) forequarter lamb
salt, pepper

30 g (1 oz.) butter

Ask butcher to bone forequarter. Press down as flat as possible. Spread herbed stuffing over. Pull flap over tightly to enclose seasoning, secure with skewers. Sprinkle with salt and pepper. Place into a baking dish with butter. Bake in moderate oven 2 to 2½ hours.

HERBED STUFFING

4 cups fresh breadcrumbs
(1 small loaf)

2 teaspoons mixed herbs

1 egg

2 tablespoons chopped parsley

60 g (2 oz.) butter

1 tablespoon grated lemon rind

1 large onion

salt, pepper

Saute finely-chopped onion in hot butter until transparent. Combine onion and butter with breadcrumbs, lemon rind, herbs, salt, pepper and chopped parsley. Beat egg, add to mixture, mix well together.

LAMB SHANKS WITH BEANS



LAMB SHANKS WITH BEANS

6 lamb shanks

flour

4 tablespoons oil

1½ cups lima beans

2 onions

3 tomatoes

1 clove garlic

salt, pepper

2 teaspoons curry powder

2 tablespoons tomato paste

1 bayleaf

2½ cups water

Wash beans thoroughly. Place in saucepan, cover well with water, bring to boil. Remove from heat, allow beans to soak in liquid for 3 hours or overnight. Drain.

Roll shanks in flour seasoned with salt and pepper. Heat oil in pan, brown shanks well. Remove and place in ovenproof dish.

Peel and chop onions and tomatoes, crush garlic, add to pan, saute gently 2 minutes. Add tomato paste, bayleaf, curry powder, the 2½ cups water, salt and pepper, and beans. Pour over shanks, cover, cook in moderate oven 3 hours or until beans and shanks are tender.

Serves 6.

LAMB SATE



LAMB SATE

1 kg (2 lb.) lamb chump chops
2 teaspoons caraway seeds or
ground caraway
2 cloves crushed garlic
1 tablespoon brown sugar

1 tablespoon soy sauce
1 tablespoon lemon juice
pinch salt
1 teaspoon ground coriander

Cut meat into 2.5 cm (1 in.) cubes. Combine remaining ingredients, add meat and cover. Refrigerate overnight.

Put meat on bamboo skewers, grill, turning 2 or 3 times, for about 10 minutes, or until meat is well done. Serve with chilli sauce.

CHILLI SAUCE

3 red chillies
2 cloves garlic
2.5 cm (1 in.) piece green ginger
¼ cup raisins
¼ cup sultanas
½ cup white vinegar

½ cup sugar
1 teaspoon salt
½ cup peanuts
3 tablespoons peanut butter
¼ cup fruit chutney
1 cup water

Finely chop chillies, remove seeds; chop finely ginger, nuts, raisins and sultanas, or blend in blender.

Combine all ingredients in saucepan, stir over low heat until sugar has dissolved. Bring to boil; reduce heat, simmer 30 minutes, stirring occasionally.

Serves 4.

DEVILLED WINE CHOPS



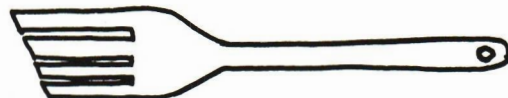
DEVILLED WINE CHOPS

- | | |
|--------------------------------|-----------------------------------|
| 750 g (1½ lb.) lamb neck chops | 1 tablespoon brown sugar |
| salt, pepper | 1 clove garlic |
| 2 sticks celery | 1 tablespoon worcestershire sauce |
| 1 onion | 1 tablespoon lemon juice |
| 2 teaspoons prepared mustard | 2 tablespoons dry sherry |
| | 315 g (10 oz.) can tomato soup |

Arrange chops in well-greased casserole dish. Sprinkle with salt and pepper; cover, bake in moderate oven 45 minutes. Pour off excess fat.

Chop onion, crush garlic, chop celery. Combine these with all remaining ingredients, including undiluted soup. Bring to boil, pour over chops. Cover, bake further 45 minutes or until chops are tender, basting occasionally.

Serves 4.



INDIAN CURRY



INDIAN CURRY

1.5 kg (3 lb.) leg lamb

2 onions

1 tomato

3 tablespoons oil

2.5 cm (1 in.) piece green ginger

1 teaspoon paprika

¼ teaspoon turmeric

1 teaspoon garam masala

salt, pepper

3 cups water

3 cloves garlic

Peel onions and tomato. Cut meat into 2.5 cm (1 in.) pieces. Heat oil in saucepan, add one sliced onion, saute until golden brown. Add meat and salt, brown well.

Chop remaining onion roughly. Combine with remaining ingredients, except water, in blender; blend until reduced to a paste (or chop all ingredients finely). Add to saucepan, stir over heat 2 to 3 minutes; add water, stir well; cover, reduce heat, simmer gently 1 hour or until meat is tender.

Serve with hot rice.

Serves 4 to 6.

Note: Garam masala is Indian mixed spice, and is available at most large food stores or supermarkets.

PRUNE AND BACON NOISSETTES



PRUNE AND BACON NOISSETTES

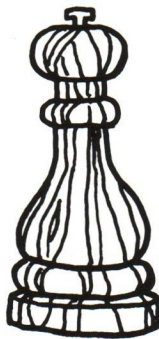
4 lamb short loin chops, cut
4 cm (1½ in.) thick
250 g (½ lb.) prunes

4 rashers bacon
pepper

Remove skin and excess fat from chops; carefully remove bone. Fasten chops into a neat round. Halve and pit prunes, flatten out with fingers. Press eight to ten prune halves round the outside of each chop.

Cut rind from bacon and wrap one rasher round prunes on each chop. (Trim rashers, if too wide.) Secure with 3 to 4 wooden sticks at intervals round the chop to hold bacon firmly. Sprinkle with pepper. Grill under low heat 8 to 10 minutes on both sides, until meat is cooked through and golden brown.

Serves 4.



CURRIED LAMB CHOPS WITH SAVORY RICE



CURRIED LAMB CHOPS WITH SAVORY RICE

750 g (1½ lb.) lamb leg chops

1 tablespoon oil

2 onions

1 tablespoon curry powder

1 chicken stock cube

salt, pepper

470 g (15 oz.) can mushroom

soup

1 cup water

Grill or fry chops until tender. While chops are cooking, heat oil in large saucepan, add chopped onions, saute until transparent. Add curry powder and crumbled stock cube, cook 2 minutes. Add undiluted soup and water, stir over low heat 5 minutes. Add cooked chops, simmer 5 to 10 minutes until heated through. Season with salt and pepper. Serve with Savory Rice.

SAVORY RICE

1 cup rice

1 rasher bacon

½ cup chopped gherkins

2 tablespoons oil

2 tablespoons chopped parsley

Place rice into large saucepan of boiling salted water. Boil 12 to 15 minutes, until tender; drain well.

Heat oil in large frying pan, add chopped bacon, saute lightly 2 minutes. Add rice, chopped gherkins and chopped parsley, reheat, stirring with a fork.

Serves 4.

DEVILLED LAMB CUTLETS



DEVILLED LAMB CUTLETS

(shown in picture)

8 lamb cutlets

2 teaspoons sugar

1½ teaspoons dry mustard

1 tablespoon oil

3 tablespoons fruit chutney

or fruit sauce

1½ teaspoons curry powder

Combine oil, sugar, mustard, chutney and curry powder. Brush cutlets on one side with half the sauce mixture, grill on moderate heat until cooked on one side. Turn over, brush other side with sauce mixture. Grill a further 5 minutes.

Serves 4.

LEMON CURRIED CHOPS

4 chump chops (or 8 short
loin chops)

⅓ cup lemon juice

3 teaspoons curry powder

1 teaspoon salt

¼ teaspoon sugar

45 g (1½ oz.) butter

Combine lemon juice, curry powder, salt and sugar; brush mixture over chops, let stand 30 minutes or longer, for chops to absorb flavors. Or cover, and refrigerate overnight.

Heat butter in pan, cook chops until brown and tender.

Serves 4.

IRISH STEW



IRISH STEW

1 kg (2 lb.) lamb neck chops

8 medium potatoes

3 large onions

salt, pepper

1½ cups water

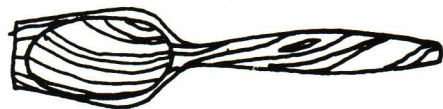
chopped parsley

Remove excess fat from meat, do not remove bones. Peel potatoes, slice one third of them and cut the remainder into large, even pieces. Arrange potato pieces in base of large ovenproof dish, then a layer of peeled, thickly-sliced onions on top. Arrange meat over evenly. Sprinkle with salt and pepper. Add remaining onions, top with remaining sliced potatoes, add water and sprinkle with more salt and pepper.

Cover with aluminium foil. Place lid on top. Cook in moderately slow oven, or in saucepan on top of stove, 2½ hours. Sprinkle with chopped parsley.

Serve with boiled carrots, cooked separately.

Serves 6.



RICH TOMATO CURRY



RICH TOMATO CURRY

1.5 kg (3 lb.) leg lamb

90 g (3 oz.) butter

470 g (15 oz.) can beef
consomme

1½ cups water

¼ cup flour

1½ tablespoons curry
powder

¾ cup tomato puree

1 small green apple

1 clove garlic

salt, pepper

Ask butcher to bone the leg of lamb. Trim off any excess fat, cut meat into 4 cm (1½ in.) pieces.

Heat 30 g (1 oz.) butter in shallow pan, add about a quarter of the meat, brown well. Brown remaining meat in batches. (If added to pan all at once, meat would not brown well.) Return all meat to pan, add beef consomme and water, cover, bring to boil, reduce heat, simmer 1 hour. Drain meat and reserve stock.

Heat remaining butter in separate pan, add flour and curry powder, stir over heat until golden brown; remove from heat, add reserved stock, tomato puree, peeled and finely-grated apple, crushed garlic, salt and pepper. Return to heat, stir until mixture boils and thickens.

Add meat, cook until sauce is reduced and thickened. Serve with hot rice.

Serves 4.

MUSHROOM-CRUMBED CUTLETS



MUSHROOM-CRUMBED CUTLETS

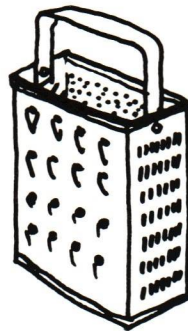
8 lamb cutlets
½ cup bottled french or
italian dressing
2 teaspoons mixed herbs
2 tablespoons flour
1 egg
2 tablespoons milk
2 cups fresh breadcrumbs

60 g (2 oz.) mushrooms
2 tablespoons chopped
parsley
6 shallots or spring onions
½ teaspoon grated lemon
rind
½ teaspoon nutmeg
oil for frying

Combine dressing and herbs, marinate the chops in this for 1 hour. Combine breadcrumbs, finely-chopped mushrooms, parsley, chopped shallots, lemon rind and nutmeg. Coat chops lightly in flour, then combined egg-and-milk, and finally breadcrumb mixture. Pat crumbs on firmly, refrigerate 1 hour. Fry cutlets slowly in hot oil until golden brown on the outside and cooked in the centre, 15 to 20 minutes.

Packaged potato gems and green beans are good accompaniments.

Serves 4.



BRAISED LAMB CHOPS**BRAISED LAMB CHOPS**

1 kg (2 lb.) lamb neck
chops

2 tablespoons oil

2 medium onions

2 carrots

1 swede

1 turnip

2 sticks celery

1.25 litres (5 cups) water

2 tablespoons barley

$\frac{1}{4}$ cup flour

1 cup water, extra

salt, pepper

chopped parsley

Peel onions, cut into quarters, or leave whole, if small. Peel carrots, swede and turnip. Cut into thick slices. Chop celery.

Heat oil in a large saucepan, add chops and brown well on both sides. Move to one side of pan. Gradually add prepared vegetables. Stir until lightly browned. Pour off excess fat, add water, season with salt and pepper, add barley.

Cover saucepan, bring slowly to boil, reduce heat and simmer $1\frac{1}{4}$ hours or until chops are tender. Blend flour with extra water until smooth. Stir into saucepan. Stir gently until mixture boils and thickens. Stir in chopped parsley.

Serves 6.

ORANGE PORK CHOPS



ORANGE PORK CHOPS

15 g (½ oz.) butter
4 large pork chops
2 teaspoons sugar
3 teaspoons plain flour
½ cup orange juice
½ cup water
1 chicken stock cube
1 teaspoon dry sherry

1 tablespoon grand
marnier or brandy
salt, pepper
2 tablespoons thinly
sliced orange rind
1 orange
3 shallots

Heat butter in frying pan, add chops, cook on both sides until golden brown and cooked through; remove from pan. Drain off fat from pan, leaving approximately 1 tablespoon in pan. Add sugar and flour, stir until flour is golden brown. Add orange juice, water, crumbled stock cube, sherry and grand marnier, stir until sauce boils and thickens. Season with salt and pepper. Return chops to pan, cover and simmer gently 5 minutes.

Place orange rind in small pan, cover with water, bring to boil, reduce heat, simmer uncovered 2 minutes; drain.

Peel orange, removing all rind and white pith, cut orange into segments. To serve, place chops on serving plate, place two orange segments onto each chop. Add chopped shallots and orange rind to sauce, simmer 1 minute, then pour over chops.

Serves 4.

LOIN of PORK with PRUNE & APPLE STUFFING



LOIN OF PORK WITH PRUNE AND APPLE STUFFING

2 kg (4 lb.) loin of pork

2 teaspoons salt

4 tablespoons oil

Ask butcher for loin with long tail flap on chops, so that, when folded over, stuffing will be held securely. Ask butcher to score rind well.

Unroll loin, lay flat, rind side down. Trim off any excess fat. Place stuffing in centre of loin, roll flap firmly round filling and secure with string. Rub rind with the salt; this ensures crisp crackling.

Place in baking dish with oil. Bake in hot oven 15 minutes, reduce heat to moderate, cook a further 1½ to 2 hours, until meat is tender and cooked through. Make a thin gravy from pan drippings. Serve with apple sauce.

PRUNE AND APPLE STUFFING

1½ cups fresh breadcrumbs

¼ teaspoon thyme

125 g (4 oz.) prunes

¼ teaspoon basil

1 cooking apple

1 egg

1 onion

30 g (1 oz.) butter

2.5 cm (1 in.) piece green

salt, pepper

ginger

Pit and roughly chop prunes; peel, core and dice apple; finely chop onion and green ginger. Combine with breadcrumbs, thyme, basil, beaten egg, melted butter, salt and pepper, mix well.

GLAZED PINEAPPLE SPARERIBS



GLAZED PINEAPPLE SPARERIBS

2 kg (4 lb.) pork
spareribs (or fresh pork
rashers)
½ cup white vinegar
water
1 cup cornflour
¼ cup golden syrup
¼ cup soy sauce

oil for frying
½ cup sugar
¾ cup water, extra
¼ cup white vinegar, extra
910 g (1 lb. 13 oz.) can
pineapple pieces
1 green pepper

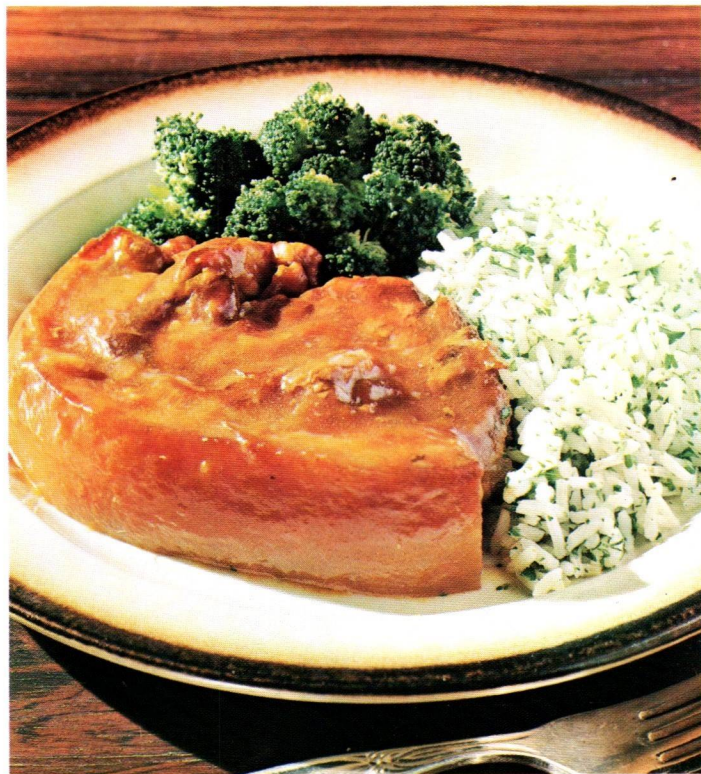
Cut pork into 8 cm (3 in.) pieces. Place in saucepan, cover with water, add vinegar, bring to boil; boil, uncovered, 15 minutes. Drain and cool. Blend cornflour, golden syrup, soy sauce and 1 tablespoon water together, coat ribs with this mixture.

Heat oil in large frying pan, reduce heat, add ribs, cook until dark brown. (It may be necessary to cook the ribs in batches, so that they brown well.) Drain off excess oil.

Combine in saucepan sugar, extra water, extra vinegar and syrup from drained pineapple, bring to boil, add ribs, mix well. Cover, reduce heat, simmer 20 minutes. Add pineapple pieces and seeded, sliced pepper, cook 10 minutes. Serve with hot rice.

Serves 6.

APRICOT-GLAZED PORK CHOPS



APRICOT-GLAZED PORK CHOPS

6 pork loin chops

salt, pepper

500 g (16 oz.) can

apricot nectar

3 tablespoons

worcestershire sauce

1 tablespoon cornflour

2 tablespoons water

1 medium onion

1 teaspoon grated green

ginger (or ½ teaspoon

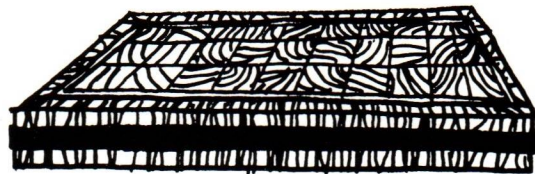
ground ginger)

60 g (2 oz.) dried apricots

Rub chops lightly with salt and pepper. Fry chops in large frying pan until golden brown on both sides. Remove from pan.

Saute peeled, sliced onion and ginger until onion is transparent. Add apricot nectar, finely chopped apricots, worcestershire sauce and cornflour blended with the water. Stir until mixture boils and thickens. Replace chops, cover, simmer 1 hour. Serve with hot rice.

Serves 6.



VEAL PARMESAN**VEAL PARMESAN**

**750 g (1½ lb.) veal
steaks**

flour

1 egg

¼ cup milk

packaged dry breadcrumbs

oil

**250 g (8 oz.) mozzarella
cheese**

1½ cups tomato sauce

½ teaspoon oregano

**60 g (2 oz.) parmesan
cheese.**

Pound veal steaks until very thin, coat with flour, shake off excess flour. Dip into combined beaten egg and milk, coat with breadcrumbs, pressing these on firmly. Refrigerate 30 minutes.

Heat oil in pan, add steaks, cook until golden brown on both sides and cooked through. Remove from pan, place in ovenproof dish. Keep warm. Combine tomato sauce and oregano in saucepan, bring to boil, remove from heat.

Top veal steaks with grated or thinly-sliced mozzarella cheese, spoon over tomato sauce, then sprinkle with grated parmesan. Place under hot griller or in moderately hot oven until cheese melts and turns golden brown.

Serves 4.

VEAL IN WINE



VEAL IN WINE

1 kg (2 lb.) stewing veal
or veal steak

flour

1 large onion

1 clove garlic

60 g (2 oz.) butter

$\frac{3}{4}$ cup dry white wine
(or red wine)

220 g (7 oz.) can tomato
paste

1 chicken stock cube

2 cups water

salt, pepper

Slice veal into 2.5 cm (1 in.) cubes, toss in flour seasoned with salt and pepper. Chop onion, crush garlic; saute in melted butter until onion is transparent. Add veal and brown well.

Stir in wine, tomato paste, crumbled stock cube and water. Season with salt and pepper. Cover, simmer 1 hour or until meat is tender.

Serve with hot noodles or rice.

Serves 4 to 6.



DUTCH VEAL CROQUETTES



DUTCH VEAL CROQUETTES

500 g (1 lb.) veal steak

75 g (2½ oz.) butter

water

½ cup flour

2 teaspoons

worcestershire sauce

salt, pepper

packaged, dry breadcrumbs

2 eggs

oil for deep frying

Place veal steaks into saucepan, cover with water, add salt, simmer until veal is tender. Drain. Reserve 2¼ cups of the stock.

Melt butter in saucepan, stir in flour, cook 1 minute. Remove from heat, gradually add reserved stock. Return to heat, stir until mixture boils and thickens. Reduce heat, simmer 2 minutes. Remove from heat, add salt, pepper and worcestershire sauce.

Cut veal steaks into 5 mm (¼ in.) pieces, mix into sauce. Refrigerate until cold. Then, using floured hands, roll mixture into croquette shapes approximately 8 cm (3 in.) long, or into round ball shapes.

Dip croquettes into lightly-beaten eggs, then roll in breadcrumbs. Refrigerate 1 hour.

Deep-fry in hot oil until golden brown. Remove from oil, drain on absorbent paper.

Makes about 12.

VEAL WITH MUSHROOMS



VEAL WITH MUSHROOMS

750 g (1½ lb.) veal steak
flour
salt, pepper
90 g (3 oz.) butter
3 teaspoons flour, extra
1 beef stock cube

½ cup water
½ cup cream
60 g (2 oz.) mushrooms
1 tablespoon lemon
juice

Flatten veal steaks. Toss in flour seasoned with salt and pepper. Melt butter in pan, gently fry steaks on either side, until golden brown and cooked through. Remove to a plate and keep warm.

Add extra flour to pan, stir into butter; when bubbling, gradually add water; add crumbled stock cube. Stir until sauce boils. Remove from heat, add cream.

Wash and slice mushrooms, add lemon juice, cook in separate pan until mushrooms are tender and moisture has evaporated. Remove from heat, place over veal steaks, then spoon sauce over. Hot asparagus spears and creamy mashed potato are good accompaniments.

Serves 4.

VEAL PAPRIKA



VEAL PAPRIKA

750 g (1½ lb.) thinly-cut
veal steaks
flour
2 tablespoons butter
1 medium onion
1 small clove garlic
2 teaspoons paprika

1 tablespoon flour, extra
1 cup water
1 chicken stock cube
1½ tablespoons tomato
paste
2 tablespoons sour cream
salt, pepper

Flatten veal, toss in flour seasoned with salt and pepper.

Heat butter in frying pan, add veal, cook on both sides until lightly golden. Remove from pan.

Add thinly-sliced onion and crushed garlic to pan, saute until light golden; stir in paprika and extra flour, cook 1 minute. Add crumbled stock cube, gradually stir in water. Stir until mixture boils and thickens.

Stir in tomato paste, salt and pepper; add veal, cover, simmer 40 minutes or until veal is tender. Stir in sour cream just before serving.

Serves 4.

OSSO BUCCO**OSSO BUCCO****3 or 4 veal shanks****½ cup oil****½ cup dry white wine****½ cup water****1 beef stock cube****salt, pepper****flour****3 onions****2 carrots****2 sticks celery****1 bayleaf****2 cloves garlic****½ teaspoon basil****pinch thyme****1 tablespoon grated****lemon rind****155 g (5 oz.) can tomato****paste****1 stick celery, extra****1 tablespoon grated****lemon rind, extra**

Ask butcher to chop shanks into 8 cm (3 in.) pieces. Heat oil in large pan, saute chopped onions gently until tender and golden brown. Remove and place into large ovenproof dish. Saute sliced carrots and chopped celery until pale golden. Remove from pan and add to onions.

Roll shanks in flour seasoned with salt and pepper. Brown well in the oil. Arrange shanks on top of vegetables, standing upright so that marrow won't fall out during cooking. Add bayleaf, crushed garlic, thyme, basil, and lemon rind.

Mix tomato paste into combined white wine and water, add crumbled stock cube, salt and pepper, and pour over. Add more water, if necessary to just cover shanks. Cover, bake in moderate oven approximately 4 hours, until meat is almost falling off bones. Ten minutes before serving add finely-chopped celery and grated lemon rind. Serve with Risotto (see Rice and Pasta set).

Serves 6.